



## Instructions for Individuals with Coronavirus Disease 2019 (COVID-19) Exposure

You are receiving these instructions because you have been in close contact with someone with a COVID-19 infection. If you are in contact with someone who has COVID-19 you may be at risk for developing infection and transmitting it to others. It is important that you protect yourself and others from infection, especially those persons at high risk. The Mississippi State Department of Health recommends the following:

- ❖ **You need to to self-quarantine at home (or an appropriate alternative location) and self-monitor for symptoms for a minimum of 14 days from your last exposure.**
- ❖ Consider getting testing for COVID-19 following your exposure even if you do not have symptoms. MSDH maintains a list of testing sites on the website at <http://HealthyMS.com/covid19test> (Please let your provider know you have been exposed if you do go in for testing.)
- ❖ If you live in a household with a person who is a confirmed case of COVID-19, your last exposure is when is when you last had contact less than 6 feet for 15 minutes or more. Please review the CDC recommendations to limit exposure to a household contact with COVID-19 at <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html#precautions>
- ❖ Check your temperature and self-assess for symptoms twice a day.
- ❖ If at any point you find that your temperature is 100.4°F, or more, feel like you are developing fever, or that you have started having any of the symptoms (e.g. fever, cough, shortness of breath), contact your healthcare provider for evaluation and testing if indicated. Please make sure you contact your healthcare provider prior to being seen and let them know of your exposure to COVID-19.
- ❖ During the 14 day quarantine period you may be allowed to continue to work if your employer says you are essential, and you continue to have no symptoms you have no symptoms, undergo symptom and temperature monitoring by your facility and wear a mask while you are at work. Contact your employer for approval.
  - If you do return to work, you should continue to self-quarantine at home at all other times.

**Thank you for your consideration**